

NEW SUPPORT FOR YOUTH LEADERSHIP CONFERENCE

The Youth Leadership Conference (formerly TREND Conference), held August 7 – 10 at the Doubletree Hotel in Chesterfield, provided a dynamic training for 200 youth and adults who serve as prevention advocates in their schools and communities. The Conference primarily attracts members of TREND (Turning Resources and Energy in New Directions) and Community 2000 Teams, two programs under NCADA leadership. However, this year individuals from many states, including Alaska, participated in this 13th annual event.



Shirley Armstead and Ginny Shaller present the President's Student Service Award to Mark Spencer, student at Berkeley Middle School.

Thanks to support from the Missouri Division of Alcohol and Drug Abuse, ACT Missouri and the Missouri Alliance to Curb Problem Gambling, a pilot educational track taught teens how they can help their peers avoid developing habits that lead to gambling addiction.

Contributions from the NCADA *HEROES* Campaign, which help support the Conference and other NCADA prevention programs throughout the year, allowed staff to showcase a workshop on Music Literacy. This presentation offered youth skills to identify messages in popular music that promote dangerous and unhealthy behaviors.

Two annual highpoints of the Conference reflect other major community support. Morry Berger, Vice President of Community Services, and Paul Clark, Community Relations Specialist for Blue Cross Blue Shield of Missouri, presented three \$1,000 TREND college scholarships to Jeanette Guenther from DeSoto High School, Annie Haynes from Pacific High School and Melissa Voigt from Oakville Senior High School, for their outstanding efforts in the War Against Drugs. Shirley Armstead, Spe-



Paul Clark with TREND scholarship recipients, Melissa Voigt, Jeanette Guenther, and Annie Haynes.

cial Agent Demand Reduction Coordinator for the Drug Enforcement Administration, presented the President's Student Service Awards to 24 middle school and high school students for their extraordinary community service.

NCADA is grateful for the generous community support, school involvement, and staff teamwork that created a very empowering educational experience.

from the
Executive Director



Attention parents! If your kids smoke cigarettes, they are 14 times more likely to try marijuana. This is NOT good.

According to a recent report by the National Center on Addiction and Substance

Abuse at Columbia University and the American Legacy Foundation, among kids who have tried pot, 57 percent first smoked cigarettes. Eighty-four percent of the kids who have tried marijuana have smoked cigarettes within the past 30 days.

Personally, I think this makes perfect sense. First of all, take a look at why kids smoke. They think they look cool, they are influenced by peer pressure, they want to appear rebellious, etc. Isn't it likely that a kid who thinks this way about cigarettes would be a sitting duck for pot? Secondly, smoking is not initially a pleasant sensation. Getting over the hump of ingesting smoke into your lungs requires perseverance. Starting with marijuana is even harsher than cigarettes, so, if nothing else, cigarettes make the transition a lot smoother. Basi-

cally, cigarettes are like training wheels for bigger thrills.

The report also makes it very clear that cigarette smokers, even those who don't use pot, are more likely to hang out with pot smokers. Fifty-five percent of those who are current cigarette smokers report more than half of their friends use marijuana.

Tobacco is responsible for over 400,000 deaths annually in the United States. If that isn't enough reason to get your kids to stop smoking, now you can add the **high** likelihood they will use marijuana as well. There is absolutely nothing cool or smart about using either.

Oh, by the way, marijuana is now the number one presenting drug for adolescent admissions to addiction treatment. And, marijuana is also considered a gateway drug to other drugs like alcohol, crack and ecstasy. Sure, illicit drug use doesn't always start with tobacco use, but research now confirms odds no parent wants for his/her child.

As for you adult smokers – please get help and stop – for yourself and for those who look up to you.

from the
Development Director
Maggie Gunn Fowler

What **IF** no one gave a hoot **IF** children and teens drink or use marijuana? What **IF** no one helped individuals or families face their problems with alcohol or other drug abuse? What **IF** no one bothered to gather and give information about the nature and consequences of substance abuse? And what **IF** no one did anything about the effects of alcohol, tobacco, and illicit drugs on our community?

NCADA, *the place to turn for prevention, intervention, information, public awareness, and advocacy services* cares – and we trust you do too. So we urge you to make a yearend contribution – of any size. For donations of \$100 or more, standard deductions + 50% YOP tax credits could reduce your out-of-pocket cost by up to 80%!

IF you make a \$5, \$10, \$25, or \$100 **gIFt** towards our prevention programming, you will add a tool to a child's "prevention backpack" – or provide assessment, referral, and intervention training for an adolescent or adult and his/her family.

IF you make a \$1,000 or more **gIFt**, you will help underwrite the actual cost of a 1- or 2-day leadership workshop for 20 – 35 teens who will then promote prevention among hundreds of their peers.

Your contribution can be a practical, fun, and meaningful holiday **gIFt IF** you:

- Participate in our Honda Civic Challenge drawing on a 4-door 2004 Honda Civic LX.
- Offer a tribute or memorial in honor of a living or deceased family member, friend, or associate.
- Send holiday flowers from Nettie's Flower Garden; Nettie's will donate 30% of your order to NCADA.

And making your gift can be easy!

- Use the return envelope to send a check or to charge your gift.
- Call NCADA to charge a Nettie's order over the phone.
- Charge your gift on-line at www.ncada-stl.org. (Set-up in process.)

Know that your contribution will be a **gIFt** towards promoting a *safe and healthy community free of problems associated with alcohol and other drug abuse.*

Youth Opportunities Program
Support Youth Substance Abuse Prevention Programs

Individuals, corporations, or businesses may qualify for 50% Missouri YOP tax credits for cash, stock, or bond contributions of \$100 or more.

Call Susan Meltz at 314.962.3456 for more information!

The Key is published by the **National Council on Alcoholism and Drug Abuse-St. Louis Area** (NCADA).

President: Judy Brostron

Executive Director: Edward F. Tasch

Editor: Jane Young

NCADA is a private, nonprofit agency serving metropolitan St. Louis as the primary resource on alcoholism and drug abuse. Services include assessment and referral, intervention services, trainings and comprehensive prevention programs for schools and communities. All contributions are tax deductible. 8790 Manchester Road St. Louis, MO 63144 Phone 314-962-3456 Fax 314-968-7394 www.ncada-stl.org e-mail: ncada@ncada-stl.org

Treatment and Tobacco Cessation – Time to Wise Up

It's September of 1980... I'm in treatment and I casually mention to my counselor that I quit smoking upon admission and now have a week free of smoking under my belt. "Oh no," she said, "one addiction at a time, just concentrate on alcohol for now." I didn't get it. I thought since I was undergoing detoxification, nicotine being one more harmful drug, this would be the ideal opportunity to quit, but apparently not. All I needed to resume smoking was a counselor telling me I should, so I did. I smoked for several more years before I quit for good.

Unfortunately, my experience was all too common. That was twenty-three years ago. I wish I could tell you the addictions field has subsequently wised up, fully understands the lethality of tobacco, and now adequately addresses nicotine in most treatment, along with every other drug. Unfortunately, I can't say that because it's not true. With some exceptions, the addictions field remains more or less as it was in 1980, as it pertains to nicotine addiction. It's too ironic. For those who work in addictions, denial and rationalization are issues dealt with every day. We hold up the mirror of reality for our clients so they may see themselves and things as they really are. Maybe it's time to turn the mirror around. How many addiction professionals continue to smoke? Does their denial preclude integrating tobacco use as a treatment issue? Does the regard of tobacco as a "non-immediate"

threat still override the reality of its eventual and ultimate threat? An article in the August issue of Counselor magazine (www.counselormagazine.com) points out "more alcoholics die of tobacco-related disease than alcohol-related disease." Can we continue to ignore this issue?



An article titled "How Clean is Clean and Sober" in *Alcoholism and Addiction* magazine stated, "it doesn't make sense to treat people for one drug addiction, while permitting them to face a slow motion death from addiction to nicotine...nicotine addiction must be dealt with within the framework of chemical dependency." The same article notes the fate of alcohol and drug pioneers, like Bill Wilson and Marty Mann, who died as a result of nicotine addiction.

Dan Duncan
Director of Community Services

It went on to say there is a much higher percentage of smokers in the recovering community, than in the general public. If that's not enough to make you think, consider this: The use of this drug kills more people in the U.S. annually than any other. Nicotine use can be a relapse trigger for newly sober alcoholics. The teen years are the birthplace of most addictions, especially applicable to nicotine addiction and almost all kids who smoke marijuana, used tobacco first.

Kudos to those professionals and treatment programs who are already addressing nicotine addiction. To nicotine-addicted counselors, please don't take this personally. The addictions field has a responsibility to discontinue rationalizing, justifying or ignoring the use of tobacco. This is a disservice to those we are charged to serve. Most likely, within the next thirty years we will have "wised up" and smoking will be essentially eliminated, at least in the United States. The wising up process started in 1965 with cigarette pack label warnings. Research since then has confirmed that smoking is one of the most self-destructive health risks ever. When it comes to addictions, there is no doubt wising up is difficult, but if the general public is to wise up, shouldn't those charged with addressing addiction lead the way?

2004 HELEN B. MADDEN MEMORIAL AWARD NOMINATION FORM

Please type or print.

Nominee must work in the addiction field in the St. Louis area.

Nominee _____	Current Position in Field _____
Employer _____	Address _____ Zip _____
Work Phone () _____	Home Phone () _____ No. of Years in Field _____
Submitted by _____	Address _____ Zip _____
Work Phone () _____	Home Phone () _____

On a separate sheet of paper, please give us a brief description of why you are nominating this person.

Mail by January 31, 2004 to: Helen B. Madden Award, NCADA, 8790 Manchester Road, St. Louis, MO 63144.
You may e-mail your nomination to Dan Duncan, Director of Community Services, at dduncan@ncada-stl.org.

By using the **Helen B. Madden Award Form** above you may nominate an individual currently employed as an addiction practitioner who is passionate, knowledgeable and dedicated to helping those who suffer from addiction disease. Helen B. Madden, a pioneer in the Eastern Region of Missouri addiction field, worked for NCADA from 1965 until her death in 1976. Each year since 1977 the award has been presented to a local professional, who like Helen, has dedicated himself or herself to this field.



Marijuana Facts

A web publication from the Office of National Drug Control Policy states that "There is a serious drug problem in this country, and marijuana is a much bigger part of the problem than most people realize." The ONDCP report explores myths and misperceptions, public policy issues, and strategies for reducing access to and availability of marijuana. Review the report at http://www.whitehousedrugpolicy.gov/publications/amer_know_marij/

Join Together, October 2003

Ask Your Kids About Ecstasy

The Partnership for a Drug-Free America (PDFA) is launching an ad campaign aimed at educating parents about the dangers of ecstasy use among juveniles. The campaign features television, radio, newspaper, and Internet ads that encourage parents to talk with their children about this drug. The campaign also includes a website that features an Ecstasy Alert section. Check out AskYourKidsAboutEcstasy.com

Associated Press, October 16

Cyber Recovery?

Recovering alcoholics are using the Internet to locate 12-step meetings when they are away from home on business travel. Business travel offers many occasions to drink, from on the plane and the hotel room's mini bar to conferences and invitations to meet colleagues in bars before dinner. Alan Goodstat, a licensed clinical social worker, recommends that business travelers pack a list of phone numbers of friends and sponsors back home to call regularly while on the road.

New York Times, September 23

'Cracking' Addiction Code

Researchers are close to designing a new approach to prevent relapse. Drs. Breiter and Gasic of Massachusetts General Hospital in Boston received a federal grant for an imaging and DNA study. The purpose of the study is to identify brain patterns that may reveal individuals who are susceptible to addiction. Researchers want to link genetic similarities and brain circuitry to depression and drug use to create an individualized approach to treatment. "The issue is not to develop medication that changes the genes, but to move addicts back to a place where their genes are in balance," said Dr. Breiter. Other researchers are examining the link between psychiatric disease and addiction since people with psychiatric disorders have a much higher tendency to use drugs. Between 55 percent and 75 percent of cocaine users had psychiatric problems at birth. Since addictive drugs cause molecular changes in the reward circuitry of the brain, researchers want to pinpoint which molecules have been altered by drug use and find ways to reverse the effects.

San Diego Union-Tribune, Oct. 22

Missouri's Youth Still Smoking

A survey conducted in Missouri schools shows that teens continue to smoke even though they know tobacco is addictive. The study found that youth smoke because it makes them look cool and enables them to hang around with other people who smoke. The youth acknowledge tobacco is highly addictive, but still believe they can quit at any time.

Associated Press, September 25

Misdiagnosing Addiction

"Although doctors and nurses have the best opportunity to intervene with alcoholics and substance abusers, our research indicates they are woefully inadequate in even diagnosing someone with this disease," said Joseph Califano, Jr., president of the National Center on Addiction and Substance Abuse (CASA). According to CASA research, 90% of primary care physicians fail to diagnose addiction in patients who display typical symptoms of the problem. CASA recommends strengthening formal addiction training for medical students, residents, and doctors; expanding Medicare, Medicaid, private insurance and managed-

care coverage for treatment; and introducing legal accountability for primary-care doctors who fail to diagnose addiction.

New York Times, October 21

Counter Marketing Works

The Partnership Attitude Tracking Study (PATS) reported that the National Youth Anti-Drug Media Campaign (NYADMC) affects teen attitudes on drug use by making teens less likely to try or use drugs. The report concluded that a strong correlation was found between regular exposure to the ads and increased perceptions of risk associated with marijuana use. Forty-nine percent of youth with high exposure to the marijuana ads said the ads made them less likely to try or use drugs versus thirty-eight percent of youth who had little or no exposure to the ads. NYADMC is the largest integrated social marketing program ever undertaken by the federal government. Besides television, radio, and print advertisements, the NYADMC has created websites and publications detailing information about drugs and how communities can fight back (www.mediacampaign.com and www.theantidrug.com).

Join Together, September 24

Concern Over OxyContin

A Food and Drug Administration (FDA) advisory panel recently rejected a proposal to place more restrictions on OxyContin. While pain management specialists are pleased with this decision, they are concerned about aggressive law enforcement efforts to target the drug. Two weeks after the FDA panel ruled against new OxyContin restrictions suggested by the U.S. Drug Enforcement Administration and members of Congress, a pain management specialist, Dr. William Hurwitz, was arrested and indicted on 49 counts of drug trafficking in 39 states. Officials also linked him to the death of 3 of his patients. Dr. Joel Hochman, executive director of the National Foundation for the Treatment of Pain lauded the FDA advisory panel's decision promoting the availability of OxyContin for pain patients and their prescribing physicians. However, he was disturbed by Dr. Hurwitz's arrest fearing that it could result in self-imposed restrictions by pain management specialists.

American Medical News, Oct. 27

NCADA SUPPORTS SMOKE-FREE POLICIES

One of NCADA's roles as the Eastern Regional Support Center is to support community coalitions in their efforts to change policies regarding unhealthy environments. This past spring, NCADA joined Tobacco Free Missouri, a Community 2000 Team, in their work to promote legislation that would prohibit smoking in buildings owned and leased by the City of St. Louis (with the exception of Lambert International Airport). Although this initiative has been in the works for over twenty years, it received new momentum in April when team members, working with the Missouri Partnership on Smoking and Health, chose this legislation as an action cause. In May, the coalition met with Aldermen Freeman Bosley Sr. and Greg Carter, cosponsors of the bill, to express their support. Members

then provided testimony at various city committee meetings and regularly attended bill readings. Despite opposition, the Team was able to carry this legislation forward by mo-

bilizing a strong grassroots effort which encouraged city residents to contact their Aldermen to support this bill. Representatives from Tobacco Free Missouri and the African-American Anti-Tobacco Alliance were present when the bill was passed in the Board of Aldermen. Mayor Francis G. Slay formally signed the bill into city ordinance on July 29, 2003.

Currently, Tobacco Free Missouri is working on other policy initiatives in the Eastern Region counties, including collaborating with several auto plants on writing smoke-free workplace policies.

For more information on tobacco issues, please contact Gordon Dymowski at 314.962.3456 ext. 320 or by e-mail at gdymowski@ncada-stl.org



Seated: Mayor Francis G. Slay, City of St. Louis; Standing l to r: Jeanette Mott-Oxford, Missouri Partnership on Smoking & Health; Vivianne McKay, St. Louis County Department of Health; Pat Lindsey, Tobacco Free Missouri; Gordon Dymowski, NCADA; Maryann Coletti, RN, Siteman Cancer Center; Pastor Beulah Brandon, Trinity Full Gospel Church Photo courtesy of Mayor Slay's office.

Is that a LOUDER noise for Red Ribbon Week?



Students display a drug-free garden sign at the St. Louis City rally. Signs were made possible through a donation by friends of Charles "Chuck" Kloecker.

Special twists were added to this year's leadership trainings. Each rally opened with a Red Ribbon Game Show in which schools competed to determine which school knew the most about alcohol, tobacco, marijuana, cocaine and inhalants. In

addition, a faculty-training track was incorporated into each rally. Teachers networked with each other to gain useful information on ways to build upon previous celebrations and integrate Red Ribbon Week into their curriculums.

Each year, communities across the country celebrate Red Ribbon Week, October 23-31, a campaign that creates awareness and support for a drug-free lifestyle. NCADA kicked off its Red Ribbon Campaign with two highly energetic and enthusiastic leadership trainings on October 2, 2003 at St. John's United Methodist Church in St. Louis City and October 9, 2003 at the Festus Armory in Festus, Missouri. Nearly three hundred middle school students and their adult sponsors attended each rally and gained pertinent information on alcohol, tobacco and other drugs as well innovative project ideas to implement in their schools.

The rally closed with a slide show presentation narrated by students of the Rockwood School District. This show announced the continuation of the St. Louis Metropolitan Area theme. Playing off the success of last year, this year's theme is "Make a Louder Noise for Red Ribbon Week" and features three contests for communities that create the loudest Red Rib-

bon celebration. Each contest will award a first prize of \$300 and a second prize of \$200. All Community 2000 Teams and TREND Chapters are invited to collaborate with one another and compete for these prizes. All in all, it wasn't a bird! It wasn't a plane! It was a louder noise for Red Ribbon Week!

Students learn the importance of trust and cooperation during the Teams Challenge workshop facilitated by Technical Sargent Curtis Hanock of the Missouri National Guard Counterdrug Program.



Tributes, Contributions and Memberships

July 2003 through September 2003

INDIVIDUALS

Anonymous
Bob Campbell
Carol Elsaesser
Tom Erickson
Patrick Gunn
& Laura Kriska
Phil Hutchison
Richard Knight
Ellen Livingston
Karen Madsen
Charley Meyer
Ronald Meyer
Larry Richardson
Steve Turner
Della Wagener

ORGANIZATIONS, CORPORATIONS & FOUNDATIONS

Commerce Bank
Dana Brown
Charitable Trust
Jefferson Bank and
Trust Co.
Nettie's Flower
Garden
Pi Beta Phi Alumnae
Club of St. Louis
St. Louis Rams
Foundation
T & P Incentives, Inc.
Twin City Area
Optimist Club

LEADERS TODAY ILLUMINATING TOMORROW

American Equity
Mortgage, Inc.
Newell A. Baker Jr.
Stan Becchetti
Bart & Ellen Brnjac
Craftsmen Industries
Emerson
Tom Erickson
Les M. Grotpeter,
Grotpeter Dev.
Tom & Anne Herrmann
Hogan Motor Leasing
Harrison Don King
Tom Martin
The May Department
Stores Company
and its Famous-Barr,
Lord & Taylor and
David's Bridal Div.
Martin Mraz
Henry Pevsner
Schaeffer
Manufacturing Co.
Connie Schnuck
Tom & Missie Seeger
St. Charles Magazine
for Gracious Living
Dale & Kay Stegeman
Sumner Group
Henry & Lynn
Watkins

TRIBUTES

Vicki Breckel
Debbie Powers

**Paul & Elaine
Friedman**
Debbie Feit

**Gil and Florence
Goldenersh**
Debbie Feit

**Families of
Relling-Steele**
Marybel &
Dario Cova

PROFESSIONAL MEMBERSHIP PROGRAM

Peggy Keilholz

*You may share in
NCADA's vision of a
community free of
problems associated
with alcohol and
other drugs by con-
tributing to our En-
dowment Fund or re-
membering us in your
will in honor of those
we serve.*

MEMORIALS

Jean Green
Sue Warren

Melvin Kogan
Debbie Feit &
Marc Mink

Sue Lord
Gail Green
Pat Selby
Sandra & Glenn
Wright

Carl Lotz
Jack & Loretta
Pulliam

**David and Dan
Selby**
Pat Selby

**Brother of
Mark Smith**
Darrell Hollinger &
Dr. Patt Hollinger
Pickett

**Stephen Blake
Wolfson**
Albert Rose

IN-KIND

ArDon Printing
Copying Concepts
Kathy & Ricky George
Schnucks Markets

VOLUNTEERS

Mark Allen
Russell Andrews
Jennifer Armstrong
Ehsan Balagamwala
Jennifer Best
Robin Birkedal
Cecilia Bolanos
Jay Cammon
Alvia Chambers
Linda Cloninger
Regina Cotton
Don Creek
Caley Cuneo
Akyra Davis
Cheryl Fellner
Mary Lou
Fitzsimmons
Donivan Foster
Pam Furrer
Pat Griffin
Jeanette Guenther
Laura Hardin
Nicole Hautly
Annie Haynes
Dave Hoana
Kamilah Hoskins
Jon Howard
Laurie Howard
Stacy Koch
Tammy Koch
Dorjean Komlosy
Joe La Monica

Terri Lakowski
Gary Lampe
Christine Latinette
Pat Leonberger
Kimmi Levinson
Lu Lochmann
Pat Loenberger
Kristen Loesch
Ken Mayes
Beth Mc Nelly
Erin Meara
Steve Merritt
Gretchen Moorman
Mary Jo Napper
Rachel Null
Jessica O'Leary
Daniel Riegerix
Marge Ritchie
Carrie Rosenzweig
Kay Roush
Cris Scatizzi
Eve Schlenk
Justin Schulz
Cynthia Stevenson
Candice Stidham
Jon Tylka
Jeanne Van Artsdalen
Gloria Ventura
Lissa Vogt
Jackie Votruba
Lauren Wilding
Jeff Winter
Stephanie Worley
David Wright

VOLUNTEER



Lu first joined NCADA's volunteer team in February 2002 and has been a regular contributor ever since, serving over 125 hours.



Lu Lochmann

As a former first grade teacher, Lu's initial interest was in Book BEES, a volunteer-driven prevention program targeting children ages 4-7. Additionally, Lu has

become involved in soliciting prizes for the annual Community Luncheon and Golf Tournament, and has even been willing to help out in the office when needed.

Lu was introduced to NCADA by a friend and has remained involved because "It's great to help the little ones prepare for the future." Volunteering is second nature to Lu - she worked on the Lutheran South High School auction for 20 years and is currently involved with St. Charles Lutheran High School and the W.A.C. Industries, Inc. Sheltered Workshop.

Personally, her 43 year marriage to her late husband, Russell, brought her the other joys of her life, four children and seven grandchildren.

NCADA is grateful to have Lu's dedication to the agency, because without her many contributions, we would not be able to reach the number of children we do!



Christine Latinette, a Book BEES volunteer, reads *Alexander and the Terrible, Horrible, No Good, Very Bad Day* to four-year olds at the Christian Academy of Greater St. Louis.

Book BEES volunteers read stories that serve as centerpieces for discussions and activities that help children, ages 4 to 7, develop positive attitudes and handle difficult feelings. Our next combined YMCA and NCADA volunteer training is scheduled for Tuesday, January 13, 2004 from 9 a.m. - 3 p.m. at NCADA, 8790 Manchester Road. Call 314.962.3456 for information.

Join NCADA in 2004!

FEB. 28

TRIVIA NIGHT

with Y98's Paul Cook

Time: 7:00 p.m.
Doors open at 6:30 p.m.

Cost: \$100/Table of 8
\$12.50/person
Round Sponsorships available for \$100

Site: Clayton High School
1 Mark Twain Circle
Clayton, MO 63105

Raffles • 50/50 Drawing • Prizes

JUNE 15

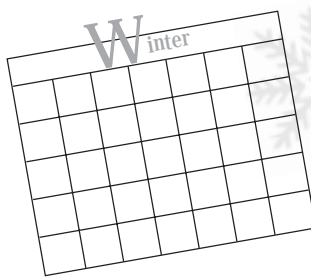
Golf Tournament Auction & Raffle

Norwood Hills Country Club

Player: \$275/Person or
\$1100/Foursome

Sponsors: Presenting - \$10,000
Gold - \$3,500
Silver - \$2,500
Patron - \$1,000
Hole - \$500
Tribute - \$25-\$499

Call 314.962.3456 or check our website for details on these NCADA events
www.ncada-stl.org



coming

events

November

- 5 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road, 314.962.3456.
- 8 **Huey's Honda CIVIC Challenge Kickoff with Y-98 Morning Show** 885 S. Lindbergh Boulevard, 10:00 a.m - 12:00 p.m.
- 10 **Great American Smokeout** - American Cancer Society, 314.286.8100.
- 12 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, 314.962.3456.

December

- 1-31 **National Drunk and Drugged Driving Prevention Month**, www.ncadd.com/3dmonth/index.htm or www.nhtsa.dot.gov/people/injury/alcohol
- 3 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road, 314.962.3456.
- 12 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, 314.962.3456.
- 17 **Huey's Honda CIVIC Challenge Drawing** - St. Louis Billikens vs. Gilmore College Game, Savvis Center, 7:00, 314.962.3456

January

- 7 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road, 314.962.3456.
- 13 **Book BEES at the "Y" Training** - Training for volunteers, NCADA main office, 8790 Manchester Road, 9:00 a.m - 3:00 p.m, 314.962.3456.
- 14 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, 314.962.3456.

February

- 4 **Missouri Recovery Network** - St. Louis Chapter Meeting, 6:15p.m., NCADA main office, 8790 Manchester Road, 314.962.3456.
- 11 **St. Louis Coalition on Addictions** - monthly meeting, 11:30 a.m., NCADA main office, 8790 Manchester Road, 314.962.3456
- 28 **NCADA Trivia Night** - Clayton High School, 7:00 p.m., 314.962.3456.

Nettie's Flower Garden



Call NCADA to order your Holiday flowers !
Nettie's will contribute 30% of your order to NCADA.

314.962.3456





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Non-profit Org.
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PAID
ST. LOUIS, MO
Permit No. 1524



Affiliate, National Council on
Alcoholism & Drug Dependence



A United Way Member



Missouri Division of
Alcohol and Drug Abuse
Regional Support Center

What a gIFt!

If children receive substance abuse prevention training, they will develop healthy attitudes and coping skills.

If a family participates in intervention counseling, they will take the first steps towards setting their loved one on the road to recovery.

If a community is educated about alcohol and other drugs, it will build safe and healthy neighborhoods.

If you give to NCADA, you will be a gIFt to a safer and healthier community.



If you give a gift of \$100 or more, you may be eligible to receive 50% Missouri YOP tax credits. Please see page 2 for information.